

When you know more, you can do better!

The Howard County Family Institute

Visit the [web page](#) to see what is on the upcoming **workshop calendar** for families. Workshops in February include the [Family First Series](#), [Discipline and Communication](#), [Worries, Concerns and Apprehension](#) and [Teen Parenting Strategies](#).

The Family Institute

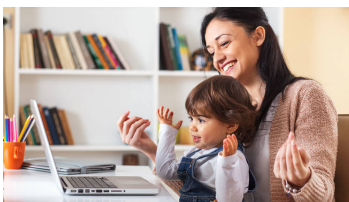
Host a workshop at your school or organization. Contact us today.

Camps and Summer Programs

We may be experiencing cold temperatures right now, but summer is right around the corner and you know what that means. It's time to plan for camps and summer programs now! Registration is starting and options are varied. There are sports camps, science, tech & engineering, nature, dance, music & theater and so much more. There are also day and overnight camp options to choose from. With so many options where do you begin? [Read more](#)



Baltimore's Child Summer Camps & Programs Fair
Sunday, February 24, 2019 Noon - 4:00 p.m.
Notre Dame of Maryland University



Five Tips to Make the Most of Video Chats

Video chatting with apps such as FaceTime and Skype is a great way for young children to stay in touch with long-distance family and friends. To gain tips to help, check out information from *Zero to Three* to assist children build relationships, communicate and learn from loved ones on the screen. [Click](#)

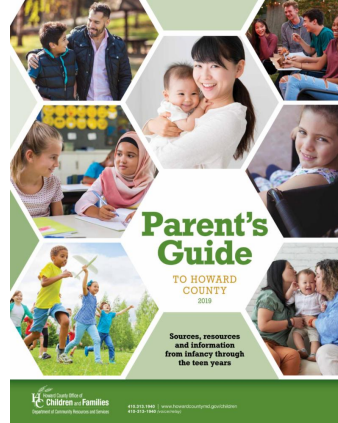
Guiding Good Choices

Howard County parents/guardians of 9 to 14 year olds are invited to join **HC DrugFree** and the **Howard County State's Attorney's Office** for **Guiding Good Choices** a free

2019 Parents Guide to Howard

parenting, four week program.
(Dates: March 5, 12, 19 and 26, 2019)

Participants will learn the skills to reduce the risk of their children using drugs in the future. After completing the program, families will be able to: **influence** their children to help prevent drug use and other risky behaviors; **develop** clear family guidelines and expectations about drug use; and **teach** children how to stay out of trouble, keep their friends and still have a good time. For more information and to register, [click](#)



County

The 2019 Parents Guide to Howard County is now available. This valuable resource is for parents, caregivers and agencies looking for information for

families. This guide includes sections on Education, Family Fun, Special Needs Resources, and Financial Assistance.

To view online, [click](#)
To request a paper guide, contact 410-313-1940 (voice/ relay) or email children@howardcountymd.gov.

The Exercise Rx for ADHD: How Movement Improves Attention, Working Memory and Executive Functions

Live Webinar on February 6

Watch a free expert webinar about the effect of exercise on ADHD with John J. Ratey, M.D., on Wednesday, February 6, at 2 p.m. ET. Sign up and you will receive the free webinar replay link to be able to watch after the date as well. [Register](#)



Culture Reframed Parents Program

Parents frequently struggle to have "the talk" with their children. There is a complete, best-practice toolkit, available online which will help parents raise resilient kids. The Parents of Tweens Program is online, free, and accessible. <https://parents.culturereframed.org/resource-links/>

Conflict Resolution Workshop

Learn strategies for dealing with conflict in your community more productively.

Held by The Mediation and Conflict Resolution Center of Howard County

Saturday, Feb 9, 10 am to noon

The Other Barn in Oakland Mills (5851 Robert Oliver Place, Columbia)

For more information, call 410-730-4610

Learn
More!

Talk With Me Workshop Putting Your Baby on a Path Toward Better Development

For parents/guardians of children newborn through 3-years-old. Learn how brain-building occurs during interactions with children from the earliest moments of life and gain simple tools to facilitate positive interaction in everyday life.

February 6, March 4 or April 2, 2019

HC DrugFree

Info Share

Knowing the current information about what your teens are facing is important piece in parenting an adolescent. Test your knowledge on drugs and drug use by taking the 2019 National Drug and Alcohol IQ Challenge



Looking for Student Filmmakers

HC DrugFree is proud to partner with the HoCo Student Film Festival. This year, HC DrugFree is looking for teens to create short public service announcements (PSAs) focused on vaping or Juuling in Howard County. Visit the website at www.hcdrugfree.org/hoco-filmfest, visit www.hocofilmfest.com and contact the office at Admin@hcdrugfree.org to request the logo and ensure you have all the needed information. The deadline to submit films is Friday, April 5.

The Howard County Library System will have diaper collection boxes in all their branches throughout the month of February. Visit your local library and drop off a pack of diapers - Sizes 4, 5 and 6 are needed most. Accepting open packages and wipes with this drive.

HOWARD COUNTY DIAPER PROJECT

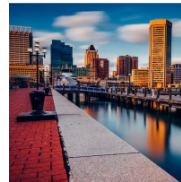
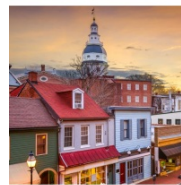
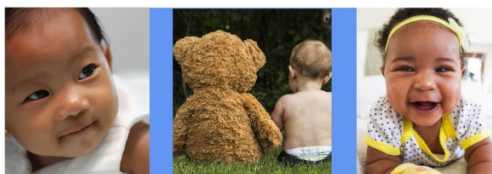
DIAPER DRIVE

FEBRUARY 1 - FEBRUARY 28, 2019

DROP OFF DIAPERS AT ANY HOWARD COUNTY LIBRARY SYSTEM BRANCH

Help a Howard County baby! Drop off an unopened package of diapers - sizes 4+ are especially needed - when you visit the library in February.

Questions? Contact 410-313-2273 or children@howardcountymd.gov.
Follow us! [Facebook](#) HoCoDiaperProject [Twitter](#) HoCoDiapers [Instagram](#) HoCoDiaperProject



Protecting Your Consumer Rights:

What You Need to Know



A CONSUMER PROTECTION FORUM

with
U.S. Senator Chris Van Hollen,
Maryland Attorney General Brian Frosh and
The Howard County Office of Consumer Protection

at
North Laurel Community Center
9411 Whiskey Bottom Rd., Laurel, MD. 20723

February 28, 2019
6:30-8:30 p.m.

Join U.S. Senator Chris Van Hollen, Maryland Attorney General Brian Frosh and The Howard County Office of Consumer Protection for a discussion focused on your rights as a consumer. The forum will feature an update from Capitol Hill and the State of Maryland. There will also be a question & answer period. Various consumer organizations will be represented to provide important information.

Questions: (202) 224-4654
In the event of inclement weather,
call (410) 313-4452 (OPT #5) for status.

**Sign Up for
Parent Pages**

If you were forwarded this e-mail and would like to receive the latest Parent Pages news and updates directly, please click!

 Howard County Office of
Children and Families
Department of Community Resources and Services



